

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Total Servings Today: _____	2 Total Servings Today: _____	3 Total Servings Today: _____
4 Total Servings Today: _____	5 Total Servings Today: _____	6 Total Servings Today: _____	7 Total Servings Today: _____	8 Total Servings Today: _____	9 Total Servings Today: _____	10 Total Servings Today: _____
11 Total Servings Today: _____	12 Total Servings Today: _____	13 Total Servings Today: _____	14 Total Servings Today: _____	15 Total Servings Today: _____	16 Total Servings Today: _____	17 Total Servings Today: _____
18 Total Servings Today: _____	19 Total Servings Today: _____	20 Total Servings Today: _____	21 Total Servings Today: _____	22 Total Servings Today: _____	23 Total Servings Today: _____	24 Total Servings Today: _____
25 Total Servings Today: _____	26 Total Servings Today: _____	27 Total Servings Today: _____	28 Total Servings Today: _____	29 Total Servings Today: _____	30 Total Servings Today: _____	31 Total Servings Today: _____
						TOTAL Servings _____

STRIVE FOR 5

CHALLENGE

May 1 – May 31



Record each cup of fruits or vegetables you eat. Remember that sometimes you eat more than one cup at a time. A large salad may be at least 2 cups. Use this form to keep track by coloring in the circles and writing down how many cups you ate or drank. Each cup is worth 1 point. Transfer your points to the online program by June 8, 2008.



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